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Athletic Training Education Program

Spring 2013

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University of Arkansas, Fayetteville. Athletic Training Education Program

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Citation

University of Arkansas, Fayetteville. Athletic Training Education Program. (2013). Athletic Training Education Program Newsletter, Spring 2013. *Athletic Training Education Newsletter*. Retrieved from <https://scholarworks.uark.edu/atepnews/6>

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Graduate Opens Clinic in Tokyo to Help Both Athletes and Nonathletes

A graduate of the University of Arkansas athletic training education program decided to open an office in Tokyo to practice a therapeutic technique called Rolwing® because he wanted to help athletes physically after their sports careers were over.

Takashi Moribe works with many nonathletes in his practice, too.

"I see all kinds of people in my Rolwing® office," he said. "Some people are in their 20s who had never played any sports and are suffering from lots of discomfort in their body, and others are in their 80s. Because of my background, I have lots of peers who recommend their athletes to see me and get Rolwing® sessions, so I also have clients who are professional athletes including Olympians."

A native of Japan, Moribe graduated from the University of Arkansas in 2007 with a Master of Athletic Training. He worked in the United States for several years but the earthquake and tsunami of 2011 made him realize he wanted to return to Japan and his family. He opened an office in Tokyo after becoming certified in Rolwing Structural Integration, which is named for its developer, Dr. Ida Rolf. Rolf's system of soft tissue manipulation and movement education is carried on since her death in 1979 by the Rolf Institute of Structural Integration with headquarters in Boulder, Colo., and offices in Europe, Brazil, Australia, Canada and Japan.

Rolwing is a type of bodywork that reorganizes the connective tissue, called fascia, which permeate the entire body, Moribe explained.

Typically, a series of 10 sessions, which take between 75 and 90 minutes each, is prescribed to realign the whole body by working on those web-like connective tissues, thus potentially releas-

ing discomfort and tightness, reducing compensations, and relieving pain, he said. Compensation means that certain muscles start to work harder than they should to make up for an injured site for certain movements, Moribe explained.

"It works OK and feels fine at first but it leads to bad mechanics and another chronic injury in the end if you are not treating the injury appropriately because those muscles were not made for those movements," he said.

An athlete himself – baseball and basketball as a child and lacrosse in college – Moribe said he loves working with sports teams and enjoys the atmosphere of athletics.

"As an athletic trainer, I faced lots of challenges when athletes got injured, but it was rewarding when they came back and were able to finish playing without any further injuries," he said. "However, I started wondering if to keep playing through injuries was really a good thing for them. Maybe it is during their career, but what about afterward?"

Although athletes recover from injuries, they continue to suffer pain and discomfort as their bodies compensate for an area affected by an injury.

"They might not feel this is such a big deal when they are young, but most likely it would affect them later in their life," Moribe said. "I know most of the athletic trainers are aware of this and make every effort to avoid further injuries and compensations, but time is limited to spend on just one athlete. That is the reality in the Division I athletic training room."

Moribe felt as if he were caught in a dilemma.

"I knew I was capable of doing a lot more for athletes, and they deserved to receive better care but there was no time to do that in the athletic train-

story continued on the next page...



Takashi Moribe works with a client in his Tokyo clinic that offers Rolwing® therapy.





Program Director's Corner By Jeff Bonacci, D.A., A.T.C., L.A.T.

Hello Razorback alumni, prospective students, and friends of the athletic training education program. This past fall semester has been an eventful year for the athletic training program. You all remember our famous HPER classroom 323 – well,

it is undergoing a dramatic change. A new 15x15 environmental chamber is being constructed in the back corner to support the thermoregulation research being conducted by faculty and students. We will move the athletic training lab to where you had lab practicum in Human Performance Lab. Change is good when it benefits all students.

As usual, our yearly athletic training

family weekend event occurred during the Tulsa football weekend. Parents of current students from around the country attended the gathering that was filled with both fun and too much food.

We look forward to seeing you all at the alumni gathering in Las Vegas on Tuesday, June 25, at the National Athletic Trainers' Association Meeting. We will meet at 8 p.m. at the Slice Vegas Restaurant.

Nutrition Consultant Discusses Safety of Nutritional Supplements



Jacqueline Berning, a nutrition consultant to the Denver Broncos for more than 25 years, showed University of Arkansas athletic training education students during a talk April 18 how to determine whether a nutritional supplement is safe to use.

The public was also invited to hear Berning's presentation titled "Sports Nutrition Update: Recovery Nutrition and Supplements" that was part of the scholar lecture series sponsored by the athletic training educa-

tion program. She covered the latest information regarding nutrition recovery and showed how what a person eats after exercise influences the next day's performance.

Berning also discussed some nutritional supplements being marketed to athletes and evaluated the science behind them.

Berning, a professor of biology at the University of Colorado at Colorado Springs, is a Certified Board Specialist in Sports Dietetics. She earned her doctorate in nutrition from Colorado State University. She has worked as a nutrition consultant for several college and professional teams including the Cleveland Indians and Colorado Rockies.

Graduate Opens Clinic in Tokyo continued...



Takashi Moribe also serves as head athletic trainer for the U22 Japan Men's Lacrosse National Team.

ing room setting," he said. "Thus, my interest started leaning toward having my own clinic to use more time for the clients with Rolwing®."

Moribe chose to get his athletic training education at the University of Arkansas because, at the time, the program in the College of Education and Health Professions was the only one offered at the Division I level, Moribe said.

He had been to the United States in 1999 and 2000 for an exchange program at the University of Hawaii while

he was an undergraduate at Sophia University in Tokyo, where he earned a degree in linguistics. In Hawaii, he worked with the women's basketball team and functioned as a floater during off-season, helping out with other sports including football.

"I wanted to get involved with a higher level of athletics, and Dr. Bonacci took time to answer all of my questions through lots of emails I sent, while other schools did not," he said about Arkansas. "So, it was an easy decision."

Student Research Offers Professional Presence, Has Global Implications

By Brendon McDermott, Ph.D., A.T.C.

This year's Arkansas athletic training education students will make research presentations at professional meetings about projects that focus on improving the safety of athletes and of people such as police officers and soldiers who work in extreme weather conditions.

First-year students Caitlin Gallion, Tristan Rodik and Lauren Salas will make podium presentations at the 60th Annual Meeting of the American College of Sports Medicine in Indianapolis.

Our program will be represented at the National Athletic Trainers' Association meeting this summer, as well. Yuri Hosokawa will present her research collected on Arkansas secondary school adherence to mandated emergency planning for athletes.

Many other students are presenting

their research projects at the Arkansas state athletic trainers conference as well. In future years, we hope to continually increase the presence of our program in public appearances similar to these opportunities. If you are in attendance at these meetings, stop by and see the students present.

We have many research studies planned in the spring and upcoming academic year. One is testing the effectiveness of a vest worn under body armor used by soldiers and police personnel. The air-filled vest is designed to prevent extreme body temperatures.

Another study will focus on athletes and will seek to measure sweat rates and sweat electrolyte concentrations in an effort to improve individual hydration for performance.

In the fall, we will be joined by

Dr. Douglas Casa from the University of Connecticut and hope to perform a large study on local high school athletes during preseason football practices.

Another study is planned to test the efficacy of some of the most widely used concussion and neurocognitive testing available on local high school athletes.

All of this research is planned with the major goal of improving athlete safety, whether from the heat or traumatic brain injury. Much of our testing here has global implications and the chance to affect many people.



University of Arkansas Offers Training for Functional Movement Certification

A three-day workshop in May will offer participants the knowledge necessary to gain advanced certification in Functional Movement Screening 1 and 2.

The University of Arkansas graduate athletic training education program will present the annual RAZOR FITNESS Spring Sports Medicine Workshop on May 17-19 at the Health, Physical Education and Recreation Building on the Fayetteville campus.

Mark Snow, a certified athletic trainer and co-owner with his wife of SG Human Performance in Omaha, Neb., will conduct the workshop. He is a certified instructor for Functional Movement Screening under the direction of Gray Cook, founder of the system.

Physicians, nurse practitioners, physician assistants, physical therapists, athletic trainers, strength and conditioning coaches, coaches and students are invited to register for the workshop.

Physicians' Specialty Hospital co-sponsors the event.

Functional Movement Screening is a ranking and grading system that documents movement patterns that are key to normal function.

By screening these patterns, the health and exercise professional can readily identify functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness.

The Functional Movement Screen Score that is generated is used to target problems and track progress. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Registration includes 24 continuing education units. More information and online registration are available at <http://www.functionalmovement.com> under Seminars & Events.



Arkansas Graduate Sees Highs, Lows of Professional Soccer



Kurt Andrews, assistant athletic trainer for the L.A. Galaxy, holds the MLS Cup won by the team last year.

Kurt Andrews' first year as a certified athletic trainer took him to the pinnacle of the professional soccer world.

"I was pretty lucky that my first year my team won the MLS cup," said Andrews, referring to the Major League Soccer championship. "But, in any season, you always deal with adversity. In the first part of the season last year, we were in last place and the atmosphere was uneasy. It was like everyone was walking on eggshells. Then, we turned it around in July and won the cup."

Andrews, a native of Rochester, Mich., graduated in the summer of 2011 with a Master of Athletic Training from the University of Arkansas. He had spent the previous summer doing an internship with the L.A. Galaxy. When the team had an opening for an assistant athletic trainer, his boss during the internship – the head athletic trainer – called Andrews. He started working full time for the team in January 2012.

"I'm in charge of the interns with the team," Andrews

said, describing his appreciation for the opportunity he had as an intern and the feeling of being on the other side such a short time later. "I try to make sure they get out of it what they deserve and what they need to learn from the real world. There are certain things you don't learn from the classroom, things that can only come from experience."

Andrews also handles the athletic training needs of the Galaxy Reserves, a squad made up of younger guys who need experience or players recovering from injuries. He received certification in both Functional Movement Screening and Selective Functional Movement Assessment in 2011 while at Arkansas.

Jeff Bonacci, director of the athletic training program, is a strong believer in the importance of every student doing an internship. That's in addition to the clinical rotations students complete with Razorback athletic teams and local high school teams. Bonacci's students have done internships with several professional football and basketball teams.

Having David Beckham, one of the world's greatest soccer players, on their roster helped the Galaxy win the MLS cup two years running, but Andrews said Beckham is a regular guy. Beckham left his native England in 2007 to join the Galaxy. In England, the immensely popular sport is called football.

"For me, it's just like working with any other athlete when I'm around him," Andrews said. "He's a normal, down-to-earth guy from England. He could be himself around us."

Incoming Class Spans the Nation

STUDENT, UNDERGRADUATE INSTITUTION, AVERAGE GPA 3.45

Anthony Bruzzichesi, University of Arkansas
Abby Cook, University of Illinois
Ambur Dryer, University of Arkansas
Jason Dubs, McDaniel University
Nicole Engler, Gonzaga University
Cayla Fritiz, Texas Woman's University

James Grant, University of Colorado
Will Hankins, University of Arkansas
Spencer Hiett, University of Nevada, Reno
Joseph Lanzetti, Portland State University
Caroline Lounsbury, University of Minnesota
Monica Menchaca, University of Missouri

Nicole Natter, Indiana University-Purdue University
Alyssa Plantz, University of Arkansas
Brittany Santucci, UC Berkeley
Andrew Scheumann, Southern Illinois University, Edwardsville
Audrey White, University of Missouri

Alumni, please let us know what you are doing by visiting <http://kins.uark.edu/atep> and filling out the alumni contact form linked from the left-side menu.

Learn more about the athletic training education program at <http://kins.uark.edu/atep/index.php>